

Celebrate the Seasons

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**with
Traditions and Recipes**

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and

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BONNEVILLE BOOKS TM

Springville, Utah

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ISBN: 1-55517-662-3

v.1

Published by Bonneville Books
an imprint of Cedar Fort, Inc.
925 N. Main Springville, Ut., 84663
www.cedarfort.com

Distributed by:



Typeset by Marny K. Parkin
Cover design by Adam Ford
Cover design © 2002 by Lyle Mortimer

Printed in the United States of America
10 9 8 7 6 5 4 3 2 1

Printed on acid-free paper

To our families—
the reason we celebrate

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Preface

Every season hath its pleasures.

Thomas Moore

When we were young, the highlight of the day was coming home and opening the door to the smell of tempting dishes cooking. Mealtime was very special. So much of what we remember and cherish stay with us forever.

This book is filled with many of our favorite recipes and traditions that we have collected over the years from family and friends. We have had a wonderful time putting it together and remembering. As you read it, we hope you enjoy remembering, too.

Acknowledgments

For many hours of listening, encouraging, typing, reading, and supporting, we thank our families, Mike and Keely, Joe and Jon, and our friends, Dean Ellen, Connie, and Toni.

And to those loved ones who gave us traditions, we express our gratitude.

January

Warming Trends

*In a dream I saw them stand,
Hope and Memr'y, hand in hand:
Hope's sweet face was hid from view,
But I knew it pure and true.
Memr'y stood with tender gaze
Fixed upon the bygone days;
Wistful eyes but fair and clear,
All undimmed by shame or fear:
This I, dreaming, seemed to see;
This my New Year Prayer for thee.*

G. P. Meade

Candles

Candlelight adds beauty and warmth to any occasion. It welcomes all who enter and beckons them to stay. Candlesticks or holders can help set the mood of the party; silver or brass are formal, whereas clear glass or ceramic are more casual. Arrange the candles in different ways—line candles of different heights on a mantle or low table, place two long tapers on a dinner table or group several small votives down

the middle of the table. Place plumber candles in cored apples or votives in hollowed out lemons. Choose a different color for each occasion or combine a variety of sizes and colors. Remember that candlewicks should always be charred before the guests arrive as sign of hospitality.

Fun Tips

Ham found its way to spring tables by way of prerefrigeration methods of food preservation. Hogs were butchered in the fall. Large cuts, such as the hind legs, took six months to cure—meaning they were ready to eat in the spring.

- ★ Have a winter picnic on a blanket in front of a roaring fire in the fireplace.
- ★ Toast marshmallows.
- ★ Put a puzzle together.

Winter Picnic

Chili (p. 66)

Tamales (purchased)

Malted Bread Sticks (p. 82) and Clam Dip (p. 152)

Carrot and Celery Strips

Snowballs (p. 109)

Date Cake (p. 116)

Leftover Christmas Cookies

Eskimo Punch (p. 191)

- ★ Watch a football game.
- ★ Place New Years resolutions in your Christmas stockings to read next December when you have the “Hang the stockings” ritual.
- ★ Put the Christmas tree outside for the birds—leave the popcorn or cranberries on it.
- ★ Make gingerbread cookies and sprinkle with bird seed and watch the birds have a feast. Pine cones can also be “frosted” with peanut butter and sprinkled with bird seed.
- ★ Share your favorite or funniest experience of the past year.
- ★ Create a snow scene on construction paper using Ivory snowflakes.
- ★ Make January a “good health” month; plan good-for-you snacks; try new vegetables; plan a fun indoor exercise routine.

Warming Trends

Casseroles

BRUNCH OMELET

- 8 eggs, beaten
- ½ cup milk
- ½ cup heavy cream
- 3 tablespoons mayonnaise
- 1 tablespoon flour
- 1 cup ham, chopped
- 1 cup shredded cheddar cheese
- 3 green onions, sliced

Grease square baking dish. Blend eggs, milk, cream, mayonnaise, and flour. Add ham, cheese, and onions. Pour into prepared dish. Bake uncovered at 325 degrees for 35 to 40 minutes or until omelet is set and top is golden brown.

Yeild: 6 servings

ZUCCHINI AND SCALLION FRITTATA

2 cups unpeeled, diced zucchini
1 tablespoon butter or margarine
½ cup soft whole wheat bread crumbs
⅓ cup milk
¾ cup chopped scallions
6 eggs, beaten
⅓ cup grated Parmesan cheese
Salt and pepper (to taste)
Garnish with cherry tomato wedges

Sprinkle zucchini with salt and drain for 15 minutes; pat dry. Preheat oven to 350 degrees. Melt butter or margarine in a medium skillet. Add zucchini and sauté over medium heat 3 minutes. In a large bowl, combine bread crumbs and milk; let stand 5 minutes. Stir in cooked zucchini, scallions, and eggs; season with salt and pepper. Pour mixture into a buttered 9-inch pie plate; sprinkle with Parmesan cheese. Bake 25 minutes or until set. Cut into wedges. Garnish with tomato.

Yeild: 6 servings

CHEESE STRATA

12 slices day-old bread
2½ cups milk
½ pound American cheese, thinly sliced
4 eggs, beaten
½ teaspoon dry mustard
1 tablespoon grated onion
1 teaspoon salt
Dash cayenne
Paprika for garnish

Remove crusts from bread. Cut on the diagonal. Arrange 6 slices in greased baking dish. Cover bread with cheese slices, then remaining bread. Combine remaining ingredients and pour over bread. Sprinkle top with paprika, if desired. Let stand in refrigerator at least 1 hour. Bake in slow oven (325 degrees) about 40 minutes or until puffy and golden brown.

Yeild: 6 servings

CHILI RELLANOS CASSEROLE

2 cans (4 ounces each) chiles
½ to ¾ pound Cheddar cheese, shredded
½ to ¾ pound Monterey Jack cheese, shredded
1 can (15 ounces) evaporated milk
4 eggs
Salt and pepper
Salsa

Butter oblong pan. Line with chiles. Add cheese. Beat eggs into milk. Pour over cheese, mix well. Bake at 350 degrees for 45 minutes.

Serve topped with salsa.

CHINESE HAYSTACKS

Creamed chicken mixture:

- 1 cup chicken broth
- 2 cans (10¾ ounces each) cream of chicken soup
- 2 cups diced cooked chicken

Stir chicken broth into chicken soup and heat thoroughly, stirring until smooth. Fold in chicken and heat again. This mixture may be frozen ahead of time.

Accompaniments:

- 8 cups cooked rice (2½ cups uncooked)
- 1 can (5 ounces) Chinese noodles
- 2 cans (20 ounces each) chunk pineapple, drained
- 2 cans mandarin oranges, drained
- 1 cup sliced green onions
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 cup diced fresh tomatoes
- 1 small jar pimentos, drained
- 1 cup coconut
- ½ cup slivered almonds

Heat the creamed chicken mixture and cook the rice; keep hot on serving table in crock pot or chafing dish. Place all the accompaniments in separate bowls around a serving counter or buffet table. Guests “build” their own haystacks by placing a bed of rice in the bottom of a small bowl, spoon on hot chicken mixture, then top with any or all of the accompaniments.

Yeild: 15 to 20 servings

EASY LASAGNA

- 1 package lasagna noodles
- 1½ pound ground beef
- 2 cans (8 ounces each) tomato sauce
- 1 cup water
- 1 package spaghetti sauce mix
- ½ teaspoon salt
- ½ teaspoon garlic salt
- 1 cup sour cream
- 3 tablespoons cottage cheese
- 1 package frozen chopped spinach, thawed and drained well
- 3 green onions, chopped
- Grated Cheddar cheese or Mozzarella cheese

Cook noodles. Brown meat and add next 5 ingredients and simmer. Mix sour cream and cottage cheese. Layer meat, noodles, sour cream mixture, and spinach in baking dish. Sprinkle green onions over top and cover with grated Cheddar cheese. Bake at 350 degrees for 25 to 30 minutes. May be made ahead and refrigerated. Then let sit at room temperature for 1 hour and bake for 1 hour.
